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**4-H FACTS**

**What is 4-H?**

 4-H is a national organization which helps young people develop life-long knowledge and skills to become engaged citizens. Through 4-H, youth are also taught how to meet the diversities and challenges of today’s society by bringing together youth and adults to design programs that will teach skills for living. 4-H is truly a model of the “learning by doing” teaching concept. It reaches people in their own communities with delivery methods suitable to their needs. 4-H also helps to provide opportunities for families and communities to develop stronger bonds.

The 4-H program is a voluntary, non-formal, educational program offered to all youth regardless of race, color, national origin, residence, or handicap. The Texas 4-H and Youth Development Program is conducted by Texas AgriLife Extension Service, which is a part of the Texas A&M University System. County and district 4-H programs are directed by Extension staff that also provides training and support to volunteers who work with 4-H members. The Texas 4-H and Youth Development Program serves youth in all 254 counties in Texas.

Young people in 4-H learn about citizenship, leadership, foods and nutrition, healthy lifestyles, veterinary science, mechanics and technology, horticulture, agriculture, and other subjects. To teach young people about these subjects, the 4-H program uses the learn-by-doing method of instruction. The 4-H project that each member selects according to his/her interest and ability is the program’s cornerstone. Projects involve setting goals and evaluating progress. The skills and knowledge learned in 4-H project work help members become more engaged individuals and citizens.

**What are the four “H’s”?**

The four “H’s” are explained in the organization’s pledge, which every 4-H’er should know:

*I pledge*

*My* ***Head*** *to clearer thinking,*

*My* ***Heart*** *to greater loyalty,*

*My* ***Hands*** *to larger service and*

*My* ***Health*** *to better living for*

*My club, my community,*

*My country and my world.*

The **4-H Motto** is “**TO MAKE THE BEST BETTER**” and the **4-H Slogan** is **“LEARN BY DOING”.**

**Who are 4-H members?**

You might hear that 4-H is for kids who live on farms. That was true in the past, but there are 4-H clubs all over the country with members who have never seen a cow or a chicken!

Today’s 4-H’ers are boys and girls between 3rd and 12th grades. They live on farms, in suburban neighborhoods, and in cities. They join 4-H because it is fun, it provides opportunities to work and play with friends, to learn about and do interesting things, and to develop leadership skills.

 **How much does it cost?**

4-H has a participation costs of $20 (before November 1st of each year) to $25 (November 1st and after) to join. Some projects might cost something to get started— like, if you want to do photography, you’ll need a camera and money to get pictures developed.

**How do you join 4-H?**

Call your county office of Texas A&M AgriLife Extension, they can tell you what to do. Or, go to:

[http://texas.4honline.com](http://texas4honline.com) . Your local contacts for Texas A&M AgriLife Extensionare as follows:

**Hopkins County Extension Office:**

Johanna Hicks – County Extension Agent – Family and Consumer Sciences

 jshicks@ag.tamu.edu

Mario Villarino – County Extension Agent – Ag and Natural Resources

 Mario.Villarino@ag.tamu.edu

Barbara Sanders - Office Administrator

 bsanders@ag.tamu.edu

Phone Number: 903-885-3443

Office Address: 1200-B W. Houston

 P.O. Box 518

 Sulphur Springs, TX 75483

**4-H Clubs in Hopkins County:** (You may choose the one that best suits you!)

* Dike 4-H: meets 1st Saturday of each month at Dike Community Center, 10:00 a.m.
* Contact Margarett McDonald – 903-945-2623
* Infinity 4-H: meets 2nd Monday of each month at the Hopkins County Extension Office, 6:00 p.m.
* Contact Jeremy Bridges – 903-439-4658 or
* Kathy Lennon – 903-440-2452
* Miller Grove 4-H: meets 1st Tuesday of each month at Miller Grove School, 3:30 p.m.
* Contact Farri George – 903-485-3041or
* Cherri Bessonett – 903-459-3730
* Paws 4-H: meets at the Sulphur Springs Elementary School (grades 3&4), 3:15 p.m. - Contact Shelby Gibson – 903-243-4249 (dates for 2016/2017: 10/27, 12/5, 1/26, 2/23-25, 3/30, 4/27)
* Arbala Harvest 4-H: meets 4th Monday at the Arbala Community Center, 6:00 p.m.
* Contact Ginger Bartley – 903-438-6126